

## CLAIMS

We claim:

1. An exercise machine comprising:
  - a base;
  - a machine frame mounted on said base; and
  - at least one hand grip pivoted to said machine frame;  
wherein said hand grip is fastened at a bottom end with a damping device whereby said damping device is fastened with said machine frame or base for providing said hand grip with a damping effect and a recovery force.
2. The exercise machine as defined in claim 1, wherein said damping device is formed of two tension elements.
3. The exercise machine as defined in claim 2, wherein said two tension elements are two endless rubber belts.
4. The exercise machine as defined in claim 2, wherein said two tension elements are two tension springs.
5. The exercise machine as defined in claim 2, wherein said two tension elements are two pneumatic rods.

6. The exercise machine as defined in claim 1, wherein said damping device is a pneumatic bar capable of dual-directional damping effects whereby said pneumatic bar is fastened at one end with said base and at other end with the bottom end of said hand grip.

7. The exercise machine as defined in claim 1, wherein said damping device comprises a torsion element, and a confinement disk, which are joined together and are fastened with said machine frame such that said torsion element is engaged with the bottom end of the hand grip.

8. The exercise machine as defined in claim 7, wherein said damping device further comprises a shield which is fastened with said machine frame along with said torsion element and said confinement disk.

9. The exercise machine as defined in claim 7, wherein said torsion element is provided with a plurality of retaining slots; wherein said confinement disk is provided with a plurality of retaining portions whereby said confinement disk is joined with said torsion element in such a way that said retaining portions of said confinement disk are retained in said retaining slots of said torsion element.

10. The exercise machine as defined in claim 7, wherein said torsion element is provided with an engagement hole whereby said engagement hole is engaged with the bottom end of said hand grip.

11. The exercise machine as defined in claim 7, wherein said torsion element is made of a rubber material.